

WRJ/Beth Israel Sisterhood



WRJ/Beth Israel Sisterhood
Erev Shabbat Service

Women of Reform Judaism is the women's affiliate of the Union for Reform Judaism.

Established in 1913, WRJ now represents more than 65,000 women in nearly 500 women's groups in North America and around the world. WRJ was founded as The National Federation of Temple Sisterhoods (NFTS) during a historic period in the struggle for women's rights. The organization was renamed Women of Reform Judaism in 1993 to more accurately reflect our role in the modern Jewish world.

With a mission to ensure the future of Reform Judaism, WRJ works to educate and train future sisterhood and congregational leadership about membership, fundraising, leadership skills, advocacy for social justice, and innovative and spiritual programming. Through our YES Fund (Youth, Education, and Special Projects), WRJ provides scholarships for students at the Hebrew Union College-Jewish Institute of Religion and other Reform seminaries around the world. We support the youth programs of the Reform Movement and Reform Institutions in North America, Israel, and around the world.

Beth Israel Sisterhood was established 1917 – 1918, only 4 years after the establishment of WRJ. But the "Sistory" of women in Portland goes back even earlier. In 1874, the First Hebrew Ladies Benevolent Society of Portland, Oregon was incorporated, followed by The Montefiore Society supporting religious schools. On October 10, 1920 the first regular meeting of Beth Israel Sisterhood was called to order by Mrs. Alexander Bernstein, President.

We have grown since then! WRJ/BIS is proud to honor the traditions of the past, while continuing our mission: ***"To bring women together to support and benefit Congregation Beth Israel and the community by providing opportunities for friendship, service, spiritual growth, and learning."***



Opening Song

SHALOM aleichem, malachei hashareit,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

שָׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

Our One Touch of Sabbath Light

Our one touch of Sabbath light
Begins at the edge of time
Honoring the women who came before us, connecting us to a rich tradition
It gently moves from woman to woman, sister to sister
We are one humanity, the strength of many women
We begin with one pair of candles, which ignite the next

Our one touch of Sabbath light
Energizes us with the power of its glow
Drawing our hopes together, empowering us to speak out for justice
It gently moves from woman to woman, sister to sister
Gradually illuminating the world

Our one touch of Sabbath light
Invites us to a day of reflection
Rejuvenating our souls and gathering our strength
It gently moves from woman to woman, sister to sister
Inspired to live deeper and stronger

Our one touch of Sabbath light
Glow on diverse faces
Stretching across the globe, some of us born, all of us choosing,
It gently moves from woman to woman, sister to sister
We come together to make light

Our one touch of Shabbat light
Connects, empowers, rejuvenates, and inspires us
Respecting the past, excited for the future, we continue our work
Gently moving from woman to woman, sister to sister,
Each with her light
As Women of Reform Judaism/Beth Israel Sisterhood.

Candle Lighting and Kiddush

BARUCH atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ,
וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

Let there be joy!
Let there be light!
Let there be peace!
Let there be Shabbat!

BARUCH atah, Adonai
Eloheinu, Melech haolam,
borei p'ri hagafen.
Baruch atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav v'ratzah vanu,
v'Shabbat kodsho
b'ahavah uv'ratzon hinchilanu,
zikaron l'maaseih v'reishit.
Ki hu yom t'chilah l'mikra-ei kodesh,
zecher litziat Mitzrayim.
Ki vanu vacharta, v'otanu kidashta,
mikol haamim.
V'Shabbat kodsh'cha
b'ahavah uv'ratzon hinchaltanu.
Baruch atah, Adonai, m'kadeish HaShabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן.
בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצַח בְּנוֹ,
וְשַׁבַּת קֹדֶשׁוֹ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ,
זְכוֹר לִיצִיאַת מִצְרַיִם.
כִּי בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ
מִכָּל הָעַמִּים.
וְשַׁבַּת קֹדֶשְׁךָ
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.
בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

Praise to You, Adonai our God, Sovereign of the universe
who finding favor with us, sanctified us with mitzvot.
In love and favor, You made the holy Shabbat our heritage
as a reminder of the work of Creation.
As first among our sacred days, it recalls the Exodus from Egypt.
You chose us and set us apart from the peoples.
In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.
Baruch atah, Adonai, m'kadeish HaShabbat.

Kabbalat Shabbat – Welcoming the Sabbath

L'CHAH DODI likrat kalah,
p'nei Shabbat n'kab'lah.

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

BELOVED, COME to meet the bride; beloved come to greet Shabbat.

Shamor v'zachor b'dibur echad, שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, (1)
hishmianu El ham'yuchad, הַשְּׁמִיעֵנוּ אֵל הַמְיֻחָד,
Adonai echad ush'mo echad, יי אֶחָד וּשְׁמוֹ אֶחָד,
l'shem ul'tiferet v'lit'hilah. לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהִלָּה.

“Keep” and “remember”: a single command the Only God caused us to hear;
the Eternal is One, God's Name is One; glory and praise are God's.

Likrat Shabbat l'chu v'neilcha, לְקִרְאֵת שַׁבָּת לְכוּ וְנִלְכֵה, (2)
ki hi m'kor hab'rachah, כִּי הִיא מְקוֹר הַבְּרָכָה,
meirosh mikedem n'suchah, מֵרֹאשׁ מִקְדָּם נְסוּכָה,
sof maaseh b'machshava t'chilah. סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה.

Come with me to meet Shabbat, forever a fountain of blessing.

Still it flows, as from the start: the last of days, for which the first was made.

Hitor'ri, hitor'ri, הִתְעוֹרְרִי, הִתְעוֹרְרִי, (5)
ki va oreich, kumi ori, כִּי בָּא אֹרֶךְ, קוּמִי אֹרִי,
uri uri shir dabeiri, עוּרִי עוּרִי, שִׁיר דַּבְּרִי,
k'vod Adonai alayich niglah. כְּבוֹד יי עֲלֶיךָ נִגְלָה.

Awake, awake, your light has come! Arise, shine, awake and sing:
the Eternal's glory dawns upon you.

Bo-i v'shalom ateret ba'lah, בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה, (9)
gam b'simchah uv'tzoholah, גַּם בְּשִׂמְחָה וּבְצֹהֳלָה,
toch emunei am s'gulah, תּוֹךְ אֲמוּנֵי אִם סְגֻלָּה,
bo-i chalah, bo-i chalah. בּוֹאִי כְלָה, בּוֹאִי כְלָה.

Enter in peace, O crown of your husband; enter in gladness, enter in joy.
Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

YITGADAL v'yitkadesh sh'meih raba
 b'alma di vra chiruteih,
 v'yamlich malchuteih
 b'chayeichon uv'yomeichon
 uv'chayei d'chol beit Yisrael,
 baagala uvizman kariv,
 v'imru: Amen.

Y'hei sh'meih raba m'varach
 l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar
 v'yitromam v'yitnasei,
 v'yit'hadar v'yitaleh v'yit'halal
 sh'meih d'kudsha b'rich hu,
 l'eila min kol birchata v'shirata,
 tushb'chata v'nechemata,
 daamiran b'alma, v'imru: Amen.

יְתַגְדַּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
 בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ,
 וְיַמְלִיךְ מַלְכוּתְהָ
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֵגְלָא וּבְזִמְן קָרִיב,
 וְאָמְרוּ: אָמֵן.

 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

 יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
 וְיִתְרוֹמַם וְיִתְנַשֵּׂא,
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
 לְעֵלְא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
 תְּשׁוּבָתָא וְנַחֲמָתָא,
 דְאָמִירוֹן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great name,
 in the world which God created, according to plan.
 May God's majesty be revealed in the days of our lifetime
 and the life of all Israel —
 speedily, imminently.
 To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted,
 extolled, glorified, adored, and lauded
 be the name of the Holy Blessed One,
 beyond all earthly words and songs of blessing, praise, and comfort.
 To which we say: Amen.

שִׁמְעַ וּבְרָכוֹתֶיהָ

SH'MA UVIRCHOTEHA — SH'MA AND ITS BLESSINGS

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בְּרָכוּ אֶת יי המְבָרָךְ!

בְּרוּךְ יי המְבָרָךְ

לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

Praised be Adonai to whom praise is due,
now and forever!

I Lift My Eyes

I lift my eyes
And I see the glory of the Universe.
Creation in all its shapes and sizes
And colors
And forms.

*I lift my heart
And I feel the pulse of life
Around me.
The beat of other hearts
The tempo of the days
The nights
The seasons
The rhythms of the Universe.*

My soul rises
And I am filled with the joy of discovery
With the thrill of living
With the knowledge of Divine creation
And with the blessings of love.

The Voice of a Woman

The voice of a woman is immodest

The voice of a woman chants Torah

The voice of a woman demands justice

The voice of a woman comforts a child

The voice of a woman sings with joy

The voice of a woman teaches the ignorant

The voice of a woman prays with devotion

What should be forbidden is silence.

Sh'ma

Shhh...listen.

Shhh...you have to listen to hear.

Shhh...can you hear?

...can you hear the surprise and delight in Sarah's laughter?

...can you hear the joy and pride in Miriam's song?

...can you hear the strength and wisdom in Deborah's clear judgments?

...can you hear warmth in your grandmother's voice calling you to the Shabbos table?

...can you hear your mother's love as she recites the Sabbath blessings?

...can you hear your daughter's clear, high voice chanting as she joins the circle of women?

...can you hear your sisters' earnest prayers as they share their goodness and courage?

...can you hear your granddaughter's newborn cry as she joins the Jewish chorus?

...can you hear your own heart beating, reaching to join the song of praise for Adonai?

Shhh...can you hear?

...can you hear the women who came before you?

...can you hear the women yet to come?

...can you hear us all as one?

Shhh...listen...hear...

Sh'ma...

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

V'AHAVTA et Adonai Elohecha,
 b'chol l'vav'cha uv'chol nafsh'cha uv'chol
 m'odecha. V'hayu had'varim ha-eileh
 asher anochi m'itzav'cha hayom al
 l'vavecha. V'shinantam l'vanecha v'dibarta
 bam b'shivt'cha b'veitecha uv'lecht'cha
 vaderech uv'shochb'cha uv'kumecha.
 Uk'shartam l'ot al yadecha v'hayu
 l'totafot bein einecha. Uch'tavtam
 al m'zuzot beitecha uvisharecha.

L'maan tizk'ru, vaasitem et
 kol mitzvotai vih'yitem k'doshim
 l'Eloheichem. Ani Adonai Eloheichem,
 asher hotzeiti et-chem mei-eretz
 Mitzrayim lih'yot lachem l'Elohim
 ani Adonai Eloheichem.

YOU SHALL LOVE Adonai your God with all your heart,
 with all your soul, and with all your might.
 Take to heart these instructions with which I charge you this day.
 Impress them upon your children.
 Recite them when you stay at home and when you are away,
 when you lie down and when you get up.
 Bind them as a sign on your hand and let them serve as a symbol on your forehead;
 inscribe them on the doorposts of your house and on your gates.

Thus you shall remember to observe all My commandments
 and to be holy to your God.
 I am Adonai, your God, who brought you out of the land of Egypt to be your God:
 I am Adonai your God.

יְיָ אֱלֹהֵיכֶם אֱמֶת.
 Adonai Eloheichem EMET.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
 מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
 אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-
 לִבְבְּךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
 בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
 וְקָשַׁרְתָּם לְאֹזֶן עַל-יָדְךָ וְהָיוּ
 לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
 עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
 כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרָיִם לִהְיוֹת לָכֶם לֵאלֹהִים
 אֲנִי יְיָ אֱלֹהֵיכֶם:

Sacred Memories

Sacred memories flood our dreams.
We awake, awestruck.
We are explorers with an exquisite vision:
To become God's soul mirrors;
Reflecting dignity, justice, beauty.
Divine sparks spill forth from our hands,
We create with compassion and trust.
We breathe life into moments of peace,
Our hearts respond with whispers of hope.
Our children learn to weave tapestries of dream memory.
And God weeps tears of relief and joy
as we affirm our shared, unbroken promise—
our covenant of the spirit.

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochoh nedar bakodesh,
nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,
bokei-a yam lifnei Moshe uMiryam.
Zeh Eli, anu v'amru,
Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov,
ug'alo miyad chazak mimenu.
Baruch atah, Adonai, gaal Yisrael.

מִי-כְמוֹחָהּ בְּאֵלִים, יְיָ!
מִי כְמוֹחָהּ נִאֲדָר בְּקֹדֶשׁ,
נֹרָא תִהְלֶת, עֲשֵׂה פֶלֶא!

מִלְכוּתְךָ רָאוּ בְּנֵיךָ,
בֹּקַעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
זֶה אֱלֹהֵי, עֲנוּ וְאָמְרוּ,
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

וְנֹאמַר: כִּי פָדָה יְיָ אֶת-יַעֲקֹב,
וּגְאָלוֹ מִיַּד חֲזַק מִמֶּנּוּ.
בָּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.

*And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted.
Miriam and the women danced and danced
the whole night long.*

And Miriam was a weaver of unique variety.
The tapestry she wove was one which
sang our history.
With every thread and every strand
she crafted her delight.
A woman touched with spirit, she dances
toward the light.

Chorus

As Miriam stood upon the shores and
gazed across the sea,
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part
with an outstretched hand,
And we would pass to freedom, and march to the
promised land.

Chorus

And Miriam the Prophet took her timbrel in her hand,
And all the women followed her just
as she had planned.
And Miriam raised her voice with song.
She sang with praise and might,
We've just lived through a miracle,
we're going to dance tonight.

Chorus

HASHKIVEINU, Adonai Eloheinu,

l'shalom, v'haamideinu shomreinu l'chayim,

ufros aleinu sukot sh'lomecha,

v'takneinu b'citrah tovah milfanecha,

v'hoshi-cinu l'maan sh'lomecha,

V'hagein baadeinu,

v'haser mei-aleinu oyeiv, dever,

v'cherev, v'zaav, v'yagon,

v'harcheik mimenu avon vafesha.

Uv'tzeil k'nafecha tastireinu,

ki El shomreinu umatzleinu atah,

ki El chanun v'rachum atah.

Ushmor tziteinu uvo-cinu

l'chayim ul'shalom,

mei-atah v'ad olam.

Baruch atah, Adonai,

haporeis sukot shalom aleinu

v'al kol amo Yisrael v'al Yerushalayim.

הַשְּׂכִיבֵנוּ, יְיָ אֱלֹהֵינוּ,

לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוּמְרֵי לְחַיִּים,

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וְתִקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנו לְמַעַן שְׁמֹךְ.

וְהִגּוּ בְּעַדֵנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן,

וְהִרְחַק מִמֶּנּוּ עוֹן וּפֶשַׁע.

וּבְצַל כְּנָפֶיךָ תִּסְתָּרֵנוּ,

כִּי אֵל שׁוּמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

כִּי אֵל חַנוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צִאתֵנוּ וּבואֵנוּ

לְחַיִּים וּלְשָׁלוֹם

מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ אַתָּה, יְיָ,

הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

GRANT, O GOD, that we lie down in peace,

and raise us up, our Guardian, to life renewed.

Spread over us the shelter of Your peace.

Guide us with Your good counsel; for Your Name's sake, be our help.

Shield and shelter us beneath the shadow of Your wings.

Defend us against enemies, illness, war, famine and sorrow.

Distance us from wrongdoing.

For You, God, watch over us and deliver us. For You, God, are gracious and merciful.

Guard our going and coming, to life and to peace, evermore.

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us,

over all Your people Israel, and over Jerusalem.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukot shalom aleinu

v'al kol amo Yisrael v'al Yerushalayim.

V'SHAMRU V'NEI YISRAEL

et HaShabbat,

laasot et HaShabbat l'dorotam

b'rit olam.

Beini u'vein b'nei Yisrael

ot hi l'olam,

ki sheishet yamim asah Adonai

et hashamayim v'et haaretz,

u'vayom hashvi-i shavat vayinafash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל

אֶת־הַשַּׁבָּת,

לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדוֹרֹתָם

בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם,

כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְיָ

אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat,
observing Shabbat throughout the ages as a covenant for all time.
It is a sign for all time between Me and the people of Israel.
For in six days Adonai made heaven and earth,
and on the seventh day God ceased from work and was refreshed.



T'FILAH

At the Tent of the Meeting

Finally, after long work, physical and mental,
I come to the opening of the tent.
I know, God – but do You know –
What this work means?

You have always been in my thoughts
Always in my mind
And even sometimes even my aching back
As I worked and struggled on Your behalf.

Let the opening of the tent
encourage the opening of the text
and let me, Your humble daughter,
enter and not hold back.

I Am a Jew

I am a Jew,
who is a woman
And I pray.

I braid the dough for the challah,
and bless the Shabbat candles,
and wrap myself in the tallit I have woven.

And I pray.
I am a link between those who stood at Sinai
and those who survived the Shoah;
those who would dream and build futures
and those who will gather the shattered shards of glass
to heal the world.

And I pray.
I am a woman,
Who is a Jew.

ADONAI, s'fatai tiftach,
ufi yagid t'hilatecha.

אֲדֹנָי, שְׁפֹתַי תִּפְתַּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

ADONAI, open up my lips,
that my mouth may declare Your praise.

BARUCH atah, Adonai Eloheinu
v'Elohei avoteinu v'imoteinu, Elohei
Avraham, Elohei Yitzchak v'Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v'Elohei Leah. Ha-El hagadol
hagibor v'hanora, El elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir
chasdei avot v'imahot, umeivi g'ulah
livnei v'neiham l'maan sh'mo b'ahavah.

Melech ozeir umoshia umagen.
Baruch atah, Adonai,
magein Avraham v'ezrat Sarah.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל
חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן.
בָּרוּךְ אַתָּה, יי,
מְגַן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

BLESSED ARE YOU, Adonai our God,
God of our fathers and mothers,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
the great, mighty and awesome God, transcendent God
who bestows lovingkindness, creates everything out of love,
remembers the love of our fathers and mothers,
and brings redemption to their children's children for the sake of the Divine Name.

Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

בָּרוּךְ אַתָּה, יי, מְגַן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.
Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

ATAH gibor l'olam, Adonai,
m'chayehi hakol (meitim) atah,
rav l'hoshia.

*WINTER — Mashiv haruach umorid hagashem.
*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,
m'chayehi hakol (meitim)
b'rachamim rabim, someich noflim,
v'rofei cholim, umatir asurim,
um'kayei emunato lisheinei afar.
Mi chamocha baal g'vurot
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.
V'ne-eman atah l'hachayot hakol (meitim).
Baruch atah, Adonai, m'chayehi hakol (hameitim).

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,
רַב לְהוֹשִׁיעַ.

WINTER — מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
SUMMER — מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דוֹמֵה לָךְ, מֶלֶךְ מֵמִית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.
וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).
בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

*WINTER — You cause the wind to shift and rain to fall.

*SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

Blessed are You, Adonai, who gives life to all (revives the dead).

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

Baruch atah, Adonai, m'chayehi hakol (hameitim).

ATAH kadosh v'shimcha kadosh
uk'doshim b'chol yom
y'hal'lucha, selah.*
Baruch atah Adonai, Ha-El hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וּקְדוֹשִׁים בְּכָל יוֹם
יְהַלְלוּךָ סֵלָה.*
בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

YOU ARE HOLY, Your Name is holy,
and those who are holy praise You every day.*

Blessed are You, Adonai, the Holy God.

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

Baruch atah, Adonai, Ha-El hakadosh.

Giver of Peace

Giver of peace,
teach us to see ourselves
in the face of the Other,
that we may learn to be
patient with fault
generous in love
sparing with anger.

Help us to understand
that our little lives
are potent with great good,
that we are healers in your image,
that reaching out in need of You
to others more in need
we find You near.

Give us the grace
simply to be kind.

Then peace must surely come
to dwell among us

SHALOM RAV al Yisrael amcha

tasim l'olam,

ki atah hu Melech Adon

l'chol hashalom.

V'tov b'einecha l'vareich

et amcha Yisrael

b'chol eit uv'chol shaah bishlomecha.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תְּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכֹל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל
בְּכֹל עֵת וּבְכֹל שָׁעָה בְּשְׁלוֹמֶךָ.

GRANT ABUNDANT PEACE to Israel Your people forever,
for You are the Sovereign God of all peace.
May it be pleasing to You to bless Your people Israel
in every season and moment with Your peace.

Don't stop after beating swords into ploughshares, don't stop! Go on beating and make musical instruments out of them. Whoever wants to make war again will have to make them into ploughshares first.

Please take a moment for silent meditation.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי .

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.

May the words of my mouth and the meditations of my heart be acceptable to You,
my Rock and my Redeemer.

Oseh Shalom

עוֹשֵׂה שְׁלוֹם בְּמִרְמָיו
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תְּבֵיל
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael,
v'al kol yosh'vei teiveil,
v'imru Amen

May the One who makes peace in the high heavens make peace for us, all Israel and all who inhabit the earth. Amen.

Mi Shebeirach – Lisa Levine

*Mi shebeirach Avoteinu
Avraham, Yitzchak v'Yaakov
Mi shebeirach Imoteinu
Sarah, Rivkah, Leah v'Rachel*

May the One who blessed our Mothers
May the One who blessed our Fathers
Hear our prayer, hear our prayer
Hear our prayer, hear our prayer

And bless us as well

Bless us with the power of Your healing
Bless us with the power of Your hope
May our hearts be filled with understanding
And strengthened by the power of Your love

D'var Torah

עֲלֵינוּ

ALEINU

ALEINU l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.
Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech malchei ham'lachim
HaKadosh Baruch Hu.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה.
שֶׁלֹא שָׁם חִלְקֵנוּ כֵּהֶם,
וְגֵרְלָנוּ כְּכָל־הַמּוֹנָם.
וְאֲנַחְנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

V'ne-emar, v'hayah Adonai
l'Melech al kol haaretz.
Bayom hahu yih'yeh Adonai echad
ush'mo echad.

וְנֵאמַר, וְהָיָה יי
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד
וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai will be Sovereign over all the earth.
On that day, Adonai will be one, and God's Name will be one.

MOURNER'S KADDISH

YITGADAL v'yitkadesh sh'mei raba,
 B'alma di v'ra chirutei,
 v'yamlich malchutei,
 b'chayeichon uv'yomeichon
 uv'chayei d'chol beit Yisrael,
 baagala uviz'man kariv. V'im'ru: Amen.
 Y'hei sh'mei raba m'varach
 l'alam ul'almei almaya.
 Yitbarach v'yishtabach v'yitpaar
 v'yitromam v'yitnasei,
 v'yit'hadar v'yitaleh v'yit'halal
 sh'mei d'Kud'sha B'rich Hu,
 l'eila min kol birchata v'shirata,
 tushb'chata v'nechemata,
 daamiran b'alma. V'imru: Amen.
 Y'hei sh'lama raba min sh'maya,
 v'chayim aleinu v'al kol Yisrael.
 V'imru: Amen.
 Oseh shalom bimromav,
 Hu yaaseh shalom aleinu,
 v'al kol Yisrael. V'imru: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
 בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ,
 וְיִמְלִיךְ מַלְכוּתָהּ,
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֵגְלָא וּבְזִמְן קָרִיב. וְאָמְרוּ: אָמֵן.
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
 לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.
 יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
 וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
 לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,
 תְּשֻׁבְחָתָא וְנַחֲמָתָא,
 דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
 וְאָמְרוּ: אָמֵן.
 עֹשֶׂה שְׁלוֹם בְּמִרְוֵמָיו,
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great name
 in the world which God created, according to plan.
 May God's majesty be revealed in the days of our lifetime
 and the life of all Israel — speedily, imminently, to which we say Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded
 be the name of the Holy Blessed One, beyond all earthly words and songs of blessing,
 praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel.
 To which we say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel.
 To which we say Amen.

Closing Prayer and Song

Are we chosen by our life or do we have a choice?
Our tasks choose us, or so it seems.
Are we silent behind inner walls, or do we have a voice?
Chosen and elected, can we shape our dreams?
How we meet the surge of life, this inner stance is ours.
To greet the roistering days with wonder at creation.
The hands we use, the words we say in dark or shining hours
Strengthen us to face each day in affirmation
Oak strong together, hope banishes fear away
Finding strength and worth as we choose to serve each day.

And our spirits are lifted as we feel the presence of a higher soul, of God.
We say to each other, "I will be there for you, for WRJ, for Judaism.
Here I am, we say to each other and God. *Hineini.*"

Amen

Hineih Mah Tov

Psalm 133:1

Hineih ma tov umah na'im
Shevet achim gam yachad
Hineih ma tov umah na'im
Shevet achim gam yachad

How good it is (How good it is)
How sweet it is (How sweet it is)
To be together on this day

Shalom Aleichem, Salaam aleykum
Shalom Aleichem, Salaam aleykum

SHABBAT SHALOM

ACKNOWLEDGMENTS

Hebrew prayers, transliterations and English translations of prayers, as well as explanations of prayers, come from Mishkan T'filah: A Reform Siddur © 2007 by the Central Conference of American Rabbis (CCAR). All excerpts are under the copyright protection of the CCAR and reprinted for use by permission of the CCAR. All rights reserved. Special thanks to Rabbi Hara Person, Publisher & Director of CCAR Press, for her assistance.

PRAYER CREDITS

Our One Touch of Sabbath Light

Ricki Oleon
Women of Temple Sinai
Oakland, CA

I Lift My Eyes

Lois Gibson
Temple Israel
Minneapolis, MN

The Voice of a Woman

Elaine Lavine
East End Temple
New York, NY

Sh'ma

Kate Royston
Congregation Beth Israel
Portland, OR

Sacred Memories

Rabbi Rachel Hertzman
URJ Program Director for Taste of Judaism and
Introduction to Judaism Coordinator
New York, NY

Giver of Peace

Barbara D. Holender
Temple Beth Zion
Buffalo, NY

Mi Shebeirach

Lisa Levine

Closing Prayer

Norma U. Levitt
WRJ Honorary President